

RSHAPPENINGS

The official newsletter of Richmond State Hospital



<https://www.in.gov/fssa/dmha/3305.htm>

January 15, 2021

Our Mission:

To provide individualized patient care as the center of all we do.

Our Values:

Recovery
Strength
Hope

Our Vision:

To be a Center of Excellence that meets the evolving public health and patient care needs through:

Community Partnerships
Innovation
Technology
Evidence-based Practice

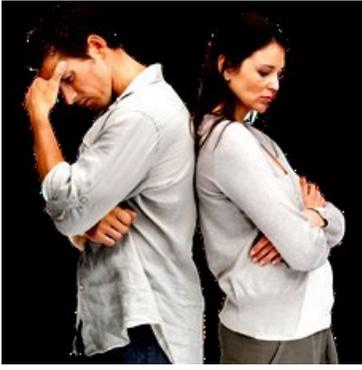
In This Issue

- Gratitude Helps Minimize Feelings of Stress
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Triplet

The Triplet originally housed adult women for wards 3,4,5 and 6. The building on the left was community relations and the right housed the museum. The other buildings/ sections housed the clothing room, sewing room, and medical records. There was a lot of natural light and airflow. The buildings were built together and created a courtyard that was fairly private and could be secured.



Study Finds Sex Differences in Mental Illness

When it comes to mental illness, the sexes are different: Women are more likely to be diagnosed with anxiety or depression, while men tend toward substance abuse or antisocial disorders, according to a new study published by the American Psychological Association.

Researchers also found that women with *anxiety disorders* are more likely to internalize emotions, which typically results in withdrawal, loneliness and depression. Men, on the other hand, are more likely to externalize emotions, which leads to aggressive, impulsive, coercive, and non-compliant behavior, according to the study.

The researchers demonstrated that it was differences in these liabilities to internalize and to externalize that accounted for gender differences in prevalence rates of many mental disorders.

The authors cited previous research that found women suffer more than men from depression, because ***“women ruminate more frequently than men, focusing repetitively on their negative emotions and problems rather than engaging in more active problem solving.”***

The findings support gender-focused prevention and treatment efforts, the study said:

- In women, treatment might focus on coping and cognitive skills to help prevent rumination from developing into clinically significant depression or anxiety.
- Men, treatment for impulsive behaviors might focus on rewarding planned actions and shaping aggressive tendencies into non-destructive behavior.”

Past research also indicated that women report more neuroticism and more frequent stressful life events than men do before the onset of a disorder, indicating that environmental stressors may also contribute to internalizing, the report said.

<https://www.apa.org/news/press/releases/2011/08/mental-illness>

New Employees



RSH History

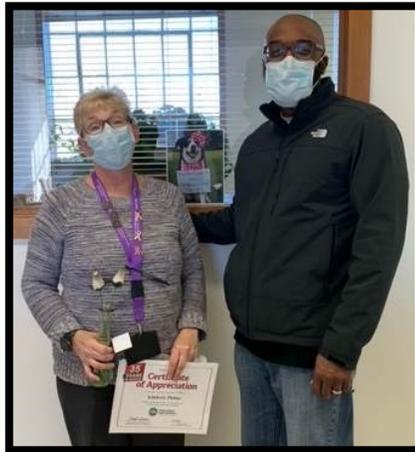
If you are interested in learning more about RSH history, not only can you tour the museum by e-mailing Jessica Guth (Jessica.guth@fssa.in.gov), you can also check out <https://shrinkmj1.wixsite.com/rsh-message>. This website was created by Dr. Mark Jones and Dr. Warren Fournier with history articles, photos and maps throughout the years.

Employee Recognition

Below are some employees that were recognized for their longevity by Paul Stanley for the 2020 year.



Sanna Titus with 45 years



Kimberly Phillips with 35 years



Denise Townsend with 35 years



S. Todd Robinson with 25 years



Laura "Corky" Study with 25 years



Tonya Sanders with 16 years

Employee Celebration

Theresa Sams retired December 26, 2020 after being at RSH for over 31 years. She stated she would be taking friendships and memories of seeing the patients get discharged and moving forward in their treatment with her. She was originally interested in a job at RSH due to job security and she stayed because she enjoyed working with the patients and her coworkers. Her favorite part of history was watching the planning and building of the CTC. Theresa described her day as sometimes hectic and busy, but always different. Her favorite part of her job was taking care of the patients and seeing them succeed. Her personal interests and hobbies include spending time with her seven grandchildren and watching them in their sporting events and activities, traveling and swimming. Theresa's advice to new employees is to not be scared to apply yourself due to the stigma of this job. She said that you will enjoy taking care of patients and seeing them succeed.



Reminders

- ◆ Please make sure you avoid crowds and social gatherings. Make sure you wear your mask, practice good hand hygiene, socially distance and stay home if you're sick.
- ◆ Blood Drive is January 22, 2021 from 9:00am-1:00pm. Please look for e-mails from Jessica Guth on how to sign-up and schedule your appointment.
- ◆ If you are interested in touring the RSH museum, learning some of our history and seeing the hard work our staff has put in: please contact Jessica Guth at Jessica.guth@fssa.in.gov to schedule an appointment for you and/or your family.
- ◆ If you need a RSH holiday calendar they are online at <http://fss89app01pw/publish/form/RSH%20Calendars/>
- ◆ Please **DO NOT** throw away these nozzles on the units that are located in the "Splash Rooms".



The Cleaner



The Nozzle



Departments: :: ATS :: Community Relations :: Food Services :: Human Resources :: Info Tech (IT) :: Medical Staff :: Nursing :: Programming :: Psychology :: Staff Dev :: Social Work :: Substance Abuse	Location: /publish/form <input type="button" value="Go Back"/> Directory Name Avatar Client Care Human_Resources RSH Calendars Staff Development
Directories: :: Personnel :: Department :: Unit :: Pager :: Fax :: Emergency :: Telephone Tree	File Name A4 blank.xls Admission social wor Application for rsh fu Authorization for rele Check of patients 488 Civil service employe Consultation referral Daily ward statistica Declination of medica Diet request 49424 (r Discharge leave instr
Documents: Online Forms :: SDSs :: Archived SDSs :: Cost Centers :: Joint Commission Standards	Policies: State Personnel

Years of Service with State

January 10: Floyd (Fuzzy) Holmes Jr. (27)

January 13: Tina Saylor (24), Angelina Mays (18), Trevor Andrews (1), James Belt (1), Kathy Clark (1), Micaella Davis (1), Brian Hathaway (1), Ayden Michaels (1), Henry Visalli (1), Haley Wilkinson (1) and Tracie Yontz (1)

January 21: Cheryl Griffin (18)

January 22: Russell Bertsch (14) and Toni Gesler (13)



If you have ideas or suggestions, please contact Kathy Clark (Kathy.clark@fssa.in.gov).